

Child Care Health Consultation Health Issue Training Lesson Plan

Contractor (LPHA) Name: Springfield Greene County Health Department

Date Submitted: May 28, 2019

| Health and Safety Standards | Training Levels |
|--|---|
| <input type="checkbox"/> Promoting Risk Management Practices <input type="checkbox"/> Protecting Children and Youth <input type="checkbox"/> Promoting Physical Health <input type="checkbox"/> Promoting Mental Health <input checked="" type="checkbox"/> Promoting Healthy Eating | <input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011 |

Title: Cooking with Kids-Nutritional and Fun 2.0

Learning Objective(s):

- Participants will be able to identify nutrients necessary for growth and development of young children.
- Participants will develop skills to teach children how to safely prepare simple food items
- Participants will be able to verbalize the benefits to the children's social-emotional, physical, cognitive, and language development through cooking and meal time environment.

| Topical Outline of Content | Resources Used |
|--|---|
| Introductions | 5 minutes |
| Nutritional recommendations for Young Children | 10 minutes |
| Child care requirements (CACFP) | 5 minutes |
| Benefits to child's development and learning including the areas of Social emotional, physical, cognitive and language | 10 minutes |
| Age appropriate skills/activities according to child's age/development | 10 minutes |
| Demonstration of cooking skills- i.e. food safety, handwashing, chopping, mixing, measuring, washing produce | 20 minutes |
| Group Activity-break into groups of 5. Each group will prepare a recipe and present to class utilizing skills learned during training. | 60 minutes |
| | Resources: USDA-Kids in the Kitchen Missouri Department of Health and Senior Services ASAP-Growing Minds Farm to School |

Method(s) of Outcome Evaluation: Class discussion, group activity, Question and answer

Health Issue Trainings are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for Health Issue Trainings should use this template and submit to the CCHC Program Manager, for submission to the Missouri Workshop Calendar for Program approval. Health Issue Trainings already approved by the CCHC Program Manager and the MO Workshop Calendar are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.